

lying down on the bare ground, wearing of deer-
 skin, re-
 sidence in the forest, living on roots, bulbs, fruit
 and Nivara:
 grains, etc., abstention from all forbidden acts,
 daily per-
 formance of three ablutions, observance of vow,
 and propi'-
 tiation of the gods, Atithis and his departed
 manes are"
 the duties of a forest-dwelling (V&naprastha
 hermit), Absten-
 tion of all acts or undertakings, living on alms,
 residence
 under the trees, non-acceptance of gifts, living
 in harmony
 with all and sundry (*lit.* not in conflict with any),
 practising
 of equality to all, maintaining equanimity under
 all painful
or pleasurable circumstances, acquisition of
 mastery over
 pleasure and pain, purification of both inside and
 out,, prac-
 tice of silence and meditation, drawing in of all
 the sense-
 organs from the external world, practice of
 constant medita-
 tion and attempt at being orve with the thought,
 and puri-
 fication of ideas are the duties which are
 obligatory on a
 Parivr5jaka to cultivate. Truthfulness,
 forbearance, compas-
 sion, purity, abstention o*f alt killing propensities
 and sacred
 discourse are the boundeh duties of all the four
 social orders.-
 Those, \yho strictly conform to the aforesaid laws
 and duly
 perform their respective duties,, come by a better
 fate.

Now I shall relate to you the duties of a
 house-holder
 From the time when- he leaves his bed to that
 when he goes to-
 sleep in the night. Risina at the Brdhma
 Muhurta (about
 half an hour before the dawn) a house-holder
 shall attend

to the calls of nature, and then- having carefully
washed- him-
self, at the close of the night, should think of his
own good
both in this world and the next. Then he shall
bathe and
attend to- the rite of his Sarvadhya meditation.
He* shaH
perform- the rite of his morning Sandhya after
having washed
his face and cleansed his teeth. One should void
stool And
urine, looking towards the north, in the day;
and towards-
& south, in the night. At the two junctions of.
the day and
night, the rule laid down in respect of urination
and defeca-
tion, in the day should be followed, In shade,
in darkness.